



A non-profit 501c3 providing support, information, education, training and referral for Seniors and their Caregivers.

September 2023

All activities are open to seniors 55 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Chair Yoga - 9:30 am Zumba - 10:45 am Piano Level 1 - 11 am Zumba Gold - 12 Noon Piano Level 2 - 1 pm	29 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	30 Healthy Bones 9:30 am Healthy Bones 11:00 am	31 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	1 NO WALKING CLUB	2
3	4 SRC CLOSED IN OBSERVANCE OF LABOR DAY	5 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	6 Healthy Bones 9:30 am Healthy Bones 11:00 am Quilting with Andy- 12:15 pm	7 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	8 Walking Club 10:00 am	9
10	11 Chair Yoga - 9:30 am Zumba - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm Lunch & Learn - Noon	12 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	13 Healthy Bones 9:30 am Healthy Bones 11:00 am	14 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	15 Walking Club 10:00 am	16
17	18 Chair Yoga - 9:30 am Zumba - 10:45 am Piano Level 1 - 11 am Zumba Gold - 12 Noon Piano Level 2 - 1 pm	19 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am SRC String Jam - 11:30 am Nutrition Program - 12:00	20 Healthy Bones 9:30 am Healthy Bones 11:00 am Quilting with Andy- 12:15 pm	21 Pilates 9:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	22 Walking Club 10:00 am	23
24	25 Chair Yoga - 9:30 am Zumba - 10:45 am Piano Level 1 - 11 am Piano Level 2 - 1 pm Munch & Learn - 12 Noon	26 Chair Yoga 9:30 am Qigong/Tai Chi 10:30 am	27 Healthy Bones 9:30 am Healthy Bones 11:00 am	28 Pilates 9:30 am First Aid Class - 11:30 am Line Dancing 1:00 pm Stretch Bands 2:00 pm	29 Walking Club 10:00 am	30